

## **Boiled Peas**

Boiled peas are a comfort food and can be eaten anytime, anywhere. Sometimes, peas are eaten raw. Generally, they are cooked until they are nice and soft, or mushy. They can be microwaved, though they generally don't get quite as done. Sometimes, it's good to mix peas with other vegetables, most commonly carrots, or add them to a casserole or soup. Peas go well with most meat and vegetable dishes. They can be difficult to eat for the visually impaired because they slip off of a fork too easily. Use a bowl and spoon.

### **Pre Cook Preparation:**

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

#### **Visual Accommodations:**

#### **Potential Food Allergy or Intolerance:**

- Butter (lactose)
- Pepper
- Spices

#### **Meatless Preparation Avoid:**

- Butter
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Fork
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

### **Ingredients:**

**Meat: None**

#### **Vegetables:**

- 15 ounces of peas

#### **Other ingredients:**

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Add to a 2 quart sauce pan:
  - 1 tablespoon of butter
  - 15 ounces of peas
  - Dash of salt
  - Spices, such as pepper, to taste
  - Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

**Cook Temperature: Medium to low**

**Cook Time: 30 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.